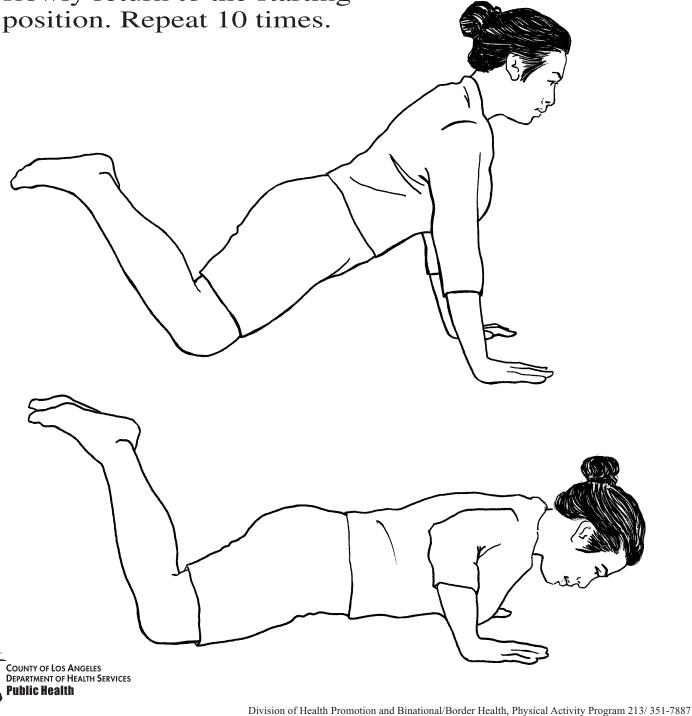
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Modified push ups

Position yourself (as shown) with your knees on the floor, your back straight, and your arms greater than shoulder width apart. Lower your chest toward the floor until your elbows form a 90° angle; slowly return to the starting



08/06/2003